



News:
Commissary to
re-open after
renovations
Page 3



Community:
600 turnout for
National Prayer
Breakfast
Page 5



Military:
4th PSB
deploys to
Bosnia
Page 5

New ‘millionaires’

Pages 14 and 15

Commanders



Riggs

March marks Women's History Month and it's more than appropriate that we take time to recognize the tremendous role women have played in the defense of our nation. Nearly 200,000 women serve the United States in the Department of Defense and are integrated into nearly every career field.

Living the Legacy of Women's Rights is the theme of this year's celebration, and what a legacy it is! Although their role in the military began primarily as nurses, as far back as the Revolutionary War women served with as much valor and patriotism as their male counterparts—putting their lives on the line to tend to our fallen soldiers and fight the enemy. Then, significantly in 1942, Congress estab-

lished the Women's Army Corps. Although women could not yet serve in combat positions, 145,000 women enlisted during World War II. Of these, 180 were killed, and 639 were awarded military decorations.

Today, as I alluded to above, 90 percent of all career fields in the military are open to women. Women serve in combat aviation, in combat engineer units and in explosive ordnance units. During Operation Desert Storm, women deployed alongside men and were vital to the success of the entire operation. Many other women serve in the defense of our nation as civilians. At Fort Carson, women civil service employees hold positions in safety, aviation, transportation, communications, logistics, security, medical, dental and other career fields that sustain the force and contribute to combat readiness.

Here at the Mountain Post, women soldiers and their civilian counterparts play an essential

role in the success of our team. They hold key command and staff positions throughout our post and make up a sizable percentage of our noncommissioned officer corps. We salute them all!

In observance of Women's History Month, and to help us celebrate the contribution and sacrifice of a generation of women, Fort Carson's Equal Opportunity and Equal Employment Opportunity Offices have scheduled two events in observance of Women's History Month. The EO Office will host a training session to enhance communication between genders beginning at 1 p.m. on March 19 at the Elkhorn Conference Center, and the EEO Office will host a celebration and awards luncheon 11:30 a.m. to 1:30 p.m. on March 20 also at Elkhorn. Although the training session is limited to the first 100 participants, I encourage everyone on the Mountain Post team to attend the luncheon.

Sound Off!

This is Women's History Month. What woman do you think should be recognized for her contributions?



Jo Anne Tolbert
Family Member
Princess Diana,
for the many things
she did.



Sgt. Brian Foley
HHC, 1-68 Armor
Margaret Thatcher.
For the way she
responded to
Saddam (prior to
the Persian Gulf
War). We need



Ronda Pickering
DoD civilian
Olympic athlete
Wilma Rudolph,
because she fought
to get to the top.
She did her best.



Pfc. Toni Davis
Bravo 64th
Hillary Rodham
Clinton, because
she voices her
opinion as first lady
and helps with
women's rights to

ACS offers one-stop job info for teens seeking summer employment

The Army Community Service's One-Stop Job Information Center is the first place teens should go to look for a summer job. There are many jobs for teens listed on the Colorado Springs Job Network that are downloaded each day for viewing. Most of the jobs are for teens ages 16 and up, with only a few open to 14- and 15-year olds. The pay ranges from \$5.15 (minimum wage) to \$6.50 an hour.

Jobs are listed all year, but there is more emphasis on summer positions when teens are out of school. The services at the One-Stop Job Information Center are free of charge and are open to all teens ages 14 and up.

Teens can get jobs ranging from house-

keeping, cashier, lawn care, escorts at the North Pole, Sky Sox stadium vendors or escorts and parking lot attendants. The positions available are from agencies such as Nonappropriated Fund, Army and Air Force Exchange Service, temporary placement agencies, and the Colorado Springs Job Network.

Teens can stop by the Army Community Service's One-Stop Job Information Center, Bldg. 1526, Room 171, between the hours of 8:30 a.m. and 3:30 p.m. to find out about jobs. A staff member will assist teens in their job search by helping them look through the job listings. The staff member will then ensure that

the teen has the qualifications the employer requires, then provide a referral with the detailed information about the job and who the teen will need to contact in reference to that position. The staff member will assist in putting together a resume, as well as coaching them on interviewing techniques and the appropriate dress for the interview.

Good work habits and experience can give teens valuable experience that will prepare them for the future.

In preparation for the job search a Youth Employment Workshop will be presented at the Child and Youth Services Bldg. 5950, April 4 from 9 to 11 a.m., and a Youth Job Fair will be

On the cover: Sgt. Dixie Anderson, 2nd Transportation Company, raises the back of her Heavy Expanded Mobility Tactical Truck after off-loading a track at Camp Red Devil Tuesday. (Photo by Cpl. Vincent Picard)

MOUNTAINEER

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Public Affairs Policies and statements

News

Commissary completes \$9.5 million renovation; grand re-opening Tuesday

by Nel Lampe
Mountaineer staff

After nearly 17 months of work the Fort Carson Commissary finishes a wall-to-wall renovation and expansion. The sales floor area has been more than doubled from 22,000 square feet to 46,000 square feet in the \$9.5 million renovation.

None of the renovation dollars are tax dollars—it was all paid for by the customers surcharge, Assistant Store Manager Vern Williams said.

The grand opening will follow the ribbon-cutting ceremony Tuesday at 8:30 a.m. Major Gen. John M. Riggs, commanding general and Ron Clark, Defense Commissary Agency Midwest Regional Director will preside at the ceremony.

Customers will receive thousands of dollars in prizes and shopping sprees throughout the day. The prizes and shopping sprees have been donated by vendors. More than \$1,000 in free groceries will be given away as well as a compact disk jukebox.

Customers will sign up for drawings and fun events will occur throughout the day.

The original commissary was built in 1975. The renovation expanded the meat market, which has all new equipment; the frozen food section has been doubled in size; the deli and bakery have been expanded, and the check-out equipment is new as is the scanning system.

Charles Snow, commissary officer, has been at the Fort Carson facility for seven years. Staying open throughout the renovation was a challenge, Snow said.

The customers should be thanked for their patience, he said. The project was completed in four phases so that the commissary could remain open. Customers had to contend with jackhammer noise, stock being moved around and very limited frozen food products while new freezers were installed.

Matthew T. Woodburn was the construction manager for Mortenson on the multi-million dollar project. Woodburn praised the cooperation between the DECA



Photo by Nel Lampe

Customers purchase their groceries from the newly renovated commissary. The project lasted 17 months and cost \$9.5 million.

staff, the construction workers and Mortensen.

According to Woodburn, the commissary was extended forward 60 feet, and the back of the store had a 15-foot addition. Six new loading docks were added. The rest of the expanded store footage came from space that had been previously used for warehousing.

Snow said that the store is now stocked on a daily basis with little

warehousing needed.

Store hours are from 9 a.m. until 8 p.m. Tuesday through Saturday, and Sundays from 10 a.m. until 4 p.m. The commissary is closed on Mondays and federal holidays.

If a federal holiday falls on a Monday, the commissary will be closed the next day as the observed holiday.

Mountain Post Team MVP



Patton

Barry Patton
Volunteer

This week's Mountain Post Team MVP is Barry Patton, volunteer, Installation Volunteer Coordinator's Office.

Patton performed extra duty in the area of back-up support when the Inst. Vol. Coord. Office needed updated computer programs and electrical wiring.

Patton volunteered his time during his scheduled lunch time and came to assist our

offices after his duty day with a cheerful and customer-friendly smile, said Andrea Van Bergen, installation volunteer coordinator.

He has imparted advice and counsel on the new software and computer system that has updated the volunteer program's automated system. His personal experience as a computer specialist is truly a benefit to the Fort Carson community.

Patton, who works at the Information Systems Office, manages his own computer program, where he devotes many hours to learning new computer concepts on his own

This feature in the Mountaineer will spotlight a soldier, Department of the Army civilian, retiree or family member each week for an outstanding act or performance. We need nominations to run this feature every week. Each week, the MVP will be selected from nominees sent in by members of the Fort Carson community. Nominations should include the person's full name, rank or title, what they did that resulted in the nomination and a phone number where they can be reached. The deadline for nominations is 3 p.m. Thursday for the following week's Mountaineer. Nominations can be faxed to 526-1021 or mailed to:

Mountaineer
Public Affairs Office, Building 1430
Fort Carson, CO 80913-5000.

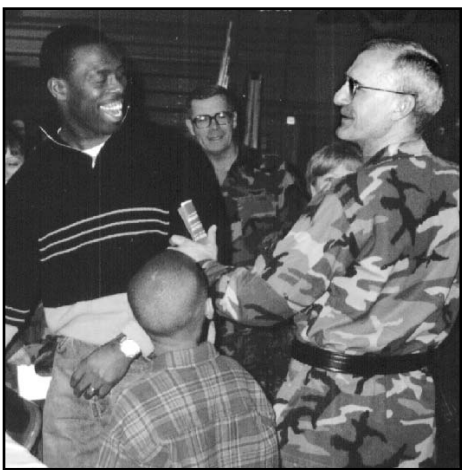
Community

Denver Bronco speaks at National Prayer Week breakfast, draws large crowd

by Nel Lampe
Mountaineer staff

Chaplain (Col.) Herb Kitchens welcomed the early morning crowd of 600 to the annual prayer breakfast. As the guest speaker was driving from Denver for the 7 a.m. event, Prayer Breakfast organizers had been anxiously watching for his arrival.

Our prayers have already been answered, Kitchens quipped, as Denver Bronco Anthony Lynn walked into the field house.



Lynn and Maj. Gen. John M. Riggs shared a laugh at the prayer breakfast.

James Devine played alto, soprano and tenor saxophone as the crowd gathered. A former soldier at Fort Carson, Devine is now a member of the 101st Colorado National Guard Band at Buckley Air National Guard Base, in Aurora, Colo. Harmony in Motion sang special music. The crowd

gave a standing ovation to Cpl. Carl Barnes of Headquarters, Headquarters Company United States Army Garrison for his rendition of Lee Greenwood's God Bless the USA.

Major Gen. John M. Riggs, commanding general, called the prayer breakfast a great event. He said that it was refreshing to have a professional athlete who does represent a role model, as he introduced Lynn. A member of the Denver Broncos special team, Lynn made the first tackle of Super Bowl XXXII.

Lynn began with an explanation he thought he might owe the mainly military crowd. He told of a particularly difficult day on the football field, and afterward, someone in the locker room remarked we were the soldiers (out there today). And the remark stuck. To hype themselves up, the players began saying one, two, three soldiers! A natural result was the Denver Mile High Salute which followed each touchdown this season. Now we've got people saluting all over the USA, Lynn said.

But we know you are the true soldiers, and I have a lot of respect for you, he said. He hoped no soldiers took offense to the Mile High Salute.

Lynn told several stories about his upbringing and experiences with the Federation of Christian Athletes and Athletes in Action, and how some of his football col-



Photos by Nel Lampe

Denver Bronco Anthony Lynn, right, got to ride in an M1A1 tank with his son, D'anton, left. Sergeant Brian Connely is the gunner.

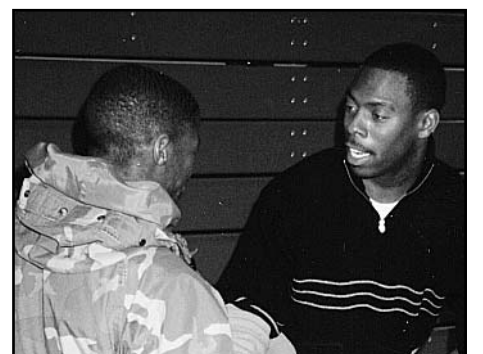
leagues had come to devote their lives to Christianity.

Lynn concluded his remarks with a story about Alexander the Great, who had encountered a young soldier named Alexander, who had shown himself to be cowardly in a battle. Alexander the Great said to the young man, change your name or your actions. He related that phrase to Christian behavior.

Following Lynn's remarks, Riggs remarked on the parallels of a football team to that of being soldiers particularly in team building and values. Lynn was presented with a camouflage covered bible. Lynn's 8-year-old son accompanied his father, received his own bible and was collecting unit coins and dispensing autographs after the breakfast concluded.

Lynn and his son D'anton were met at the Heavy Company, 2nd Squadron, 3rd Armored Cavalry Regiment to be briefed prior to riding in an M1A1 tank. After the tank ride, which provided for Lynn to look through the thermal sights, see the turret and gunnery tube move, Lynn and his son returned to the 3rd ACR.

It was awesome, Lynn said,



Lynn signed autographs for many fans.

Talented kids sought for performing arts groups

Fort Carson Public Affairs Office

Oh to be a kid again, doing what I once did then, were the words to a song written in the days of the Our Gang Comedies, Shirley Temple and many other child stars. It was an era of innocence and a chance for young entertainers to show their talents to the people of the nation and around the world.

The opportunity for young entertainers to again shine on stage is just around the corner with the development of a new Colorado Springs children s performing group called,

The Rainbow Kids

The Kids will be under the direction of Ron Joy, who has developed similar groups in Phoenix and Lakeside, Ariz.; San Bernardino and San Diego, Calif.; Stuttgart and Frankfurt, Germany; Hickam AFB and Mililani, Hawaii; Scott AFB, Ill.; Osan Air Base, Korea; Fort Monmouth, N.J.; Wright-Patterson AFB and Trotwood, Ohio; and El Paso and Fort Bliss, Texas.

The new group will be open for children of military active duty, retired, Department of Defense

employees, and children from the Colorado Springs community. Due to rehearsal and performance space, Regulars will be limited to 20 girls between the ages of 6 through 13 years. In addition, boys and girls from 6 through 16 can appear as special Guest Stars. Regulars are members that will work as part of the group doing full cast numbers, solos, duets, working as the master of ceremonies and special routines. Guest Stars are young entertainers who have their own routines and will appear on an as needed basis. Some boys will be used in special routines with Regular performers and could perform in most shows. Regulars and guest stars must audition prior to being cast, however, experience is not a requirement.

Many past members have gone on to professional careers in movies (Poltergeist and Annie) on television shows (Happy Days, The New Dick Van Dyke Show, and Webster) and on stage (Opryland and with country and western stars). In addition, the Osan group won the 1991 Korea Star Search for best

performer under the age of 13 and best performing group for 13 years and under.

The Rainbow Kids show format is a touring children s song, dance, and comedy group dedicated to presenting family style entertainment in a variety of settings. The music includes routines from the 1930s, 40s, 50s, Broadway, modern and country and western. The non-profit group will present programs ranging from 20 minutes to more than an hour at schools, churches, community and military events, youth centers, shopping centers and patriotic events Shows could be booked in throughout Colorado Springs as well-as throughout Colorado and northern New Mexico.

While cast members will not be paid, professionalism is to be stressed at all times. Cast members will present their program in full costumes and make-up and will use a professional sound system.

In addition, television and stage performing groups and classes are also planned in the near future. They include:

Rainbow Kids

Television Productions

This group is designed for young people who are interested in putting together normally hour-long television programs in the format of the ABC Afternoon Specials. There have been 13 productions completed in the past in California, Arizona, Korea, Hawaii, and Texas. One was nominated for the ACE/DIAMOND Award in Cable Television Excellence and another won the Secretary of the Air Force Award for Special Achievement. Several scripts are currently ready for future productions, most are lighthearted comedies in addition to dramas. Production that will involve actors, actresses, and young people interested in behind-the-scenes television production. The final production will be shown to a special audience and then submitted for broadcast on cable community access channels.

Classes in acting for television will also be offered in the near future.

The Montage Kids

The Montage Kids are

National Nutrition Month: "Make nutrition come alive -- it is all about you"

by Lt. Col. Sally Hoedebecke
Registered Dietician

National Nutrition Month is an annual event sponsored by the American Dietetic Association. The theme for March 1998 is Make Nutrition Come Alive. It's All About You. Good nutrition does not require great sacrifice or restriction, and all foods can be a part of healthy eating, if consumed in moderation. Good nutrition is a personal choice.

What better program supports this theme than 5 A Day? It's difficult to imagine a plan so effective and powerful and yet so simple as the 5 A Day for Better Health Program. All a person needs to do is to be certain to eat five or more servings of vegetables and fruits each day. This is such a simple, positive message that dieticians and health promotion coordinators have latched on to it because of its potential for keeping people healthy.

Health is influenced by three important decisions: smoking, alcohol and diet. Two out of three adults do not smoke or drink excessively. This makes what they eat the single most



important decision influencing their long term health. The 1988 Surgeon General's Report on Nutrition and Health concluded that two-thirds of all deaths involving coronary heart disease, stroke, atherosclerosis, diabetes, and some types of cancer are related to what we eat. In fact, about 35 percent of all cancer deaths in America may be related to diet. It's alarming but promising to know there is a link between diet and the leading cause of death in America.

Our knowledge of how foods fight disease is increasing. Foods contain the necessary nutrients which provide health benefits that are not found in vitamin/mineral pills. For example, citrus fruits contain ascorbic acid and other compounds believed to protect against malignancies. Members of the cabbage family contain compounds that are

known to fight cancer. Many studies show that eating our fruits and vegetables is better than taking a vitamin pill.

Adding more fruits and vegetables to your diet presents endless possibilities. Add a fruit for breakfast or a 100 percent vegetable juice to start your day. For lunch try a salad on the side. Have a vegetable or fruit snack during the day. Two vegetables at dinner can complete your 5 A Day grouping.

This simple, healthful program is backed by the National Cancer Institute, Health and Human Services, and the Produce for Better Health Foundation. This is an unprecedented public/private partnership. Over 150 epidemiological studies of people who consumed the five servings of fruit and vegetables daily showed reduced risk of developing cancers of the

digestive and respiratory tracts over those who consumed fewer than two servings a day. Serving sizes are actually smaller than you would think. One serving size is:

1 medium fruit or 1/2 cup of cut fruit

3/4 cup (6 oz) 100 percent vegetable or fruit juice

1/4 cup of dried fruit (raisins, apples)

1/2 cup raw or cooked vegetables

1 cup leafy vegetables (lettuce, spinach)

1/2 cup cooked beans or peas (lentils, navy beans, kidney beans)

The rewards for following the 5 A Day plan will be more vitamins and minerals to enrich your body. Diabetics will have soluble fiber to help even out their glucose level. Bodily functions will be helped (controls diarrhea and constipation.) You can lose weight and lower cholesterol as you fill up on low calorie foods.

Vegetable and fruits are the perfect munchies. They are the original fast foods. You can grab them and run. You can eat them out of your lunch box. You can eat often because they are

Federal Women’s Program created to enhance women’s opportunities

by Nel Lampe
Mountaineer staff
The Federal Women s Program was established in 1967 by the Civil Service Commission.



The purpose of FWP was to enhance the employment and advancement of women who were in federal service. Two years later, the FWP became part of the Equal Employment Opportunity Program. FWP was a separate program within the EEO in order to address unique issues and problems faced by women.

The primary goal of FWP is to ensure that women in federal service receive equal opportunity in all areas of employment, development and advancement. Angelina Sanchez, an EEO Assistant, is the FWP manager. Sanchez previously was a dental assistant, but was involved in FWP and EEO activities. She was a co-lateral duty FWP manager, and a co-lateral EEO counselor. She eventually was able to take a position in the EEO. She has been the FWP manager for less than a year. A Special Emphasis Program Committee, composed of some 25 volunteers, will assist Sanchez with the Federal Women s Week activities which will be held at Fort Carson on

March 19 and 20. The purpose of the FWP committee is to promote equality for all minorities, including women, Sanchez said. Sanchez encourages everyone on Fort Carson to attend any of the FWP seminars or luncheons. FWP activities are not just for women she said, nor are these activities for civilians only, she said. FWP is not just a women s program; it is good for men to attend as they have employees who are women, Sanchez said. The training provided by FWP would enable men to have a better understanding of issues and concerns of women. According to Sanchez, there are about 1,025 civilian women

employed at Fort Carson. Sanchez hopes supervisors will take advantage of the training seminars available during Federal Women s Week. The training is cost-efficient (free) and the March 29 seminar at Elkhorn should be of special interest to men and women. Communication (Male/Female Verbal/Non-Verbal) is presented by Ruth Hulbert Johnson, who has a degree in Communication and Psychology. She has taught courses in non-verbal communication and male/female communication. Registration to the seminar is limited to 100 participants. Communication is the key to the majority of our problems, Sanchez said.

Nominations sought for military, civilian supervisor award

Fort Carson s Federal Women s Program Committee is accepting nominations for the Outstanding Military and Outstanding Civilian Supervisor awards for 1997. The awards will be presented at

the FWP luncheon March 20. Nomination forms have been distributed throughout the post. Nominees should include civilian and military supervisors of civilian and military women and without regard to sex, race, color, national origin, age, religion or physical or mental handicap. Members of the FWP committee, Equal Employment Opportunity and Equal Opportunity staffs and counselors are not

eligible for nomination. Anyone at any level of supervision and management who clearly excels in promoting equal employment opportunity should be considered for nomination. The nomination should detail the achievement of the nominee and include specific, factual examples. Nominations must be received by close of business Thursday. For additional information or to obtain

Buying a home may affect your taxes

Fort Carson Tax Center
There is more to owning a home than just living in it. Certain taxes must be paid and certain payments can be deducted when itemizing on a tax return. When buying a home there are three costs that you can itemize which may save you tax dollars: real estate taxes, points and mortgage interest. Most state and local governments charge an annual tax on the value of real property. This is called a real estate tax. For the tax to be deductible, the taxing authority must charge a uniform rate on all property in its jurisdiction. The tax must also be for the welfare of the general public. You can deduct real estate taxes imposed on you that you have paid during the tax year. When you buy a home, the real estate taxes for that year are usually divided between you and the seller so that you and the seller each pay taxes for the part of the year that you own the property. You and the seller are each considered to have paid your own share even

if one paid the total amount. Therefore, you each deduct your own share of the taxes, if you itemize, for the year that the property is sold. Points can also be deductible. Points are the charges paid by a home buyer to get a mortgage and are a percentage of the amount borrowed. Usually, the interest paid as points must be spread over the life of the mortgage. However, if the mortgage is used to buy or improve a person s main home and is secured by that home, then usually the points can be fully deducted in the year of purchase. Buyers can also deduct qualifying points paid by the seller. Usually, points paid to refinance a mortgage cannot be deducted in full in the year they are paid. Instead, they must be spread over the life of the mortgage. Mortgage interest paid by you for your home is generally fully deductible. To be deductible, the interest you pay must be on a loan secured by your main home or a second home. The loan may be a first

or second mortgage, a home improvement loan, or a home equity loan. A home includes a house, condominium, cooperative, mobile home, boat or similar property that has sleeping, cooking, and toilet facilities. For the mortgage interest to be fully deductible your mortgage cannot exceed \$1,000,000 and your home equity loan cannot exceed \$100,000. If the total of your mortgage and your home equity loan exceed the fair market value of your home, your deduction may be limited. The amount of mortgage interest that you paid should be reported to you by the mortgage company on a Form 1098, Mortgage Interest Statement or a similar statement. The same information provided to you by the company will also be reported to the IRS. The statement will show the total interest you paid during the year. If you purchased a main home during the

Hut hunting

In recent years, there has been an increase in the number of visitors to the backcountry huts of Colorado. This year, Fort Carson is jumping on the band wagon. The Outdoor Recreation Program staff is offering a late season overnight trip to the Lost Wonder Hut, which sits on the flanks of Mount Aetna in the South Arkansas river drainage. This drainage is a quiet place during the winter. Once at the hut, skiers can explore the burns and glades of the surrounding area. This old mining cabin has been restored into a two-story hut that can accommodate up to 10 participants and a few guides. Participants supply personal items such as sleeping bags and toiletry items and outdoor recreation will supply the rest. To help participants gain the necessary skills to complete this trip, Outdoor Recreation is offering an intermediate skiing program every other weekend. This program is designed to teach the telemark run, a crucial skiing skill for backcountry terrain. There is still time to sign up for classes, but the hut trip is filling up fast. Alternatively, you may opt to snowshoe to the hut with no prior experience. Cost is \$45 for transportation, food and guides. You must provide the ski equipment from a local vendor. If you have questions about this or any other trip call the Outdoor Recreation Complex at 526-2083.



Countdown to April 15

Army Emergency Relief -- helping the Army take care of its own

by Capt. Joseph Ryan
Army Emergency Relief

There are many leaders within the Army still unfamiliar with AER and its mission of helping commanders take care of their soldiers. Take, for instance, the case of a Specialist assigned to a major installation in the southeast. The specialist, along with his wife and three children, has been at his present unit for two years. Up until now, the soldier's greatest concern in life was how he could arrange for a sitter to watch his three children while he and his wife enjoyed a much deserved evening at their favorite restaurant. The specialist always felt comfortable knowing that, should something unforeseen ever happen to him, his family would be taken care of by the Army. However, like most young people, he never considered the possibility of something tragic happening to his wife. But at the young age of 22, with no warning, his wife suffered a fatal heart attack.

Aside from the terrible emotional trauma of losing his wife, this young soldier was faced with considerable financial commitments

for his wife's funeral and associated expenses. His wife had no life insurance and there was no family savings so the soldier knew he would also be facing considerable financial expenditures for future child care. The soldiers in his unit began taking up a collection to help him meet these expenses. While the actions of his fellow soldiers are commendable, this specialist's situation is a perfect example of why AER was established - to assist soldiers in time of financial emergencies.

When this soldier's situation was brought to the attention of the installation Army Emergency Relief Officer, a comprehensive evaluation of his financial status revealed he required immediate financial assistance but did not have the means in which to repay a loan. The AERO, with the garrison commander's concurrence, provided the specialist a grant of more than \$4,500 to cover the funeral and emergency travel associated with his wife's burial.

In the end, this soldier received a grant for his emergency needs. This would not have

been possible without AER funds donated by fellow soldiers. These donations did not come just from soldiers at his unit or installation, but rather by his comrades throughout the Army. Soldiers, like this young specialist, are the Army's most valuable asset. AER makes an important contribution to the well-being of our Army by ensuring soldiers like this Specialist are assisted in times of financial crisis. Remember, the success of AER is dependent upon the support of local commands and the generosity of soldiers worldwide.

By its very nature, Army Emergency Relief may be considered a quasi-military organization. Its establishment was authorized by the Secretary of the Army in 1942, shortly after the United States entered WWII, at the recommendation of the Chief of Staff Gen. George Marshall. The Chairman of the Board of Advisors is always the current Chief of Staff who is presently Gen. Dennis J. Reimer. The Board of Managers is composed of active and retired members of the Army and such others as the

membership may elect. The organization functions under the guidelines of Army Regulation 930-4. AER's local operations require the approval and support of local military commanders.

The categories of authorized emergency financial assistance has been slightly changed over the years to meet the realistic needs of soldiers while the underlying philosophy of the program has remained constant. At the time of AER's inception, there was no other Army agency at the disposal of commanders to render assistance to personnel and their dependents in time of financial distress. Commanders were often forced to resort to the practice of passing the hat among mem-



Chapel

Sunday worship services normally held at Soldiers Memorial Chapel will be conducted at the McMahon Theater. Catholic Mass is at 9:30 a.m. and Protestant worship is at 11 a.m. Child care for worship services and religious education will be provided at the Child Development Center.

Daily Mass is conducted at Healer Chapel at Evans Army Hospital on Monday, Wednesday and Friday at 11:45 a.m.

Sunday School and Catholic Religious Education classes have resumed at Soldiers Memorial Chapel. Protestant Sunday School is at 9:30 a.m. and Catholic CCD is at 10:45 a.m.

Protestant Women of the Chapel meets at 9 a.m. on Thursdays at Soldier s Memorial Chapel, Bldg. 1500. Child care is provided.

PWOC conducts Monday Evening Bible Study from 7 to 8:30 p.m. at Soldiers Memorial Chapel. For more infor- mation, call Jennifer Wake at 540-9157.

Soldiers Memorial Chapel will be providing Children s Church beginning Sunday. Children ages 4 to 8 will be invited to participate with their parents for part of the regular worship and then join a special children s program.

Chapel Schedule

ROMAN CATHOLIC					
Chapel	Service	Day	Time	Location	Contact Person
Healer	Mass	Sunday	11 a.m.	Evans Army Hospital	Fr. Gagliardo/526-7386
Healer	Mass	M - W-F	Noon	Evans Army Hospital	Fr. Gagliardo/526-7386
Provider	Mass	Sunday	12:15 p.m.	Barkeley & Ellis	Chap. Cavanaugh/526-5769
Soldiers	CCD	Sunday	10:45 a.m.	Nelson & Martinez	Ms. Feldman/526-0478
McMahon	Mass	Sunday	9:30 a.m.	Bldg. 1517	Chap. Cavanaugh/526-5769
Healer	Mass	Mon.-Fri.	11:45*a.m.	Bldg. 1517	Chap. Cavanaugh/526-5769
Veterans	Mass	Sunday	8 a.m.	Magrath & Titus	Chap. Cavanaugh/526-5769
*Monday through Friday, except holidays					
Changes in worship services due to the fire at Soldiers Memorial Chapel are denoted in bold type					
PROTESTANT					
Healer	Protestant	Sunday	9 a.m.	Evans Army Hospital	Chap. Tarvin/526-7387
Provider	Protestant	Sunday	8 a.m.	Barkeley & Ellis	Rev. P.S. Taito/572-6879
Provider	Sun. School	Sunday	9 a.m.	Barkeley & Ellis	Chap. Duvall/526-4416
Provider	Protestant	Sunday	10 a.m.	Barkeley & Ellis	Chap. Stephen/526-4416
Prussman	Sun. School	Sunday	9:30 a.m.	Barkeley & Prussman	Chap. Giles/526-4206
Prussman	Prot./Gospel	Sunday	11 a.m.		Barkeley & Prussman
Chap. Giles/526-4206					
Soldiers	Sun. School	Sunday	9:30 a.m.		Nelson & Martinez Dr.
Scheck/526-5626					
McMahon	Protestant	Sunday	11 a.m.	Bldg. 1517	Chap. Cooper/526-8011
Veterans	Protestant	Sunday	9:30 a.m.	Magrath & Titus	Chap. J. Hartranft/524-1822
Veterans	Protestant	Sunday	11 .m.	Magrath & Titus	Chap. Simo/526-8890
For additional information contact the Installation Chaplain s Office, Bldg. 6227, at 526-5209. For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at (719) 333-2636. Normally, free child care is available for infants and preschool age children during on-post worship services. Some worship services offer a children s church for ages 6 to 12.					

Chaplain's Corner

by Chap. (Capt.) Richard R.
Pacania
64th Forward Support
Battalion

During the course of the family life cycle, we experience many of the same events. As we go through these events, we all have special concerns that we know will impact our lives, the lives of our families, and the manner in which we conduct our respective life styles. As our professional life cycle goes, for those of us on active military duty, we cannot help but have these same concerns impact our family life cycle. For example, even in the course of moving from duty station to duty station, as we get to know other soldiers and their families, part of the cycle of questions is, Do you live in on-post housing or off-post housing? For many of us who have been in the military for an extended period of time, we tend to call our home either the place where our parents live, the city or town where we enlisted or joined the military, or some of us just state

without hesitation, Home is where I hang my hat, where my loved ones accept me as a hero in spite of my faults, and where I can relax and enjoy the bliss of home life apart from all the seasonal storms outside my



front door. At least with an answer like that, we can be assured that a special concern for home is met with some security and safety.

Another question that is frequently asked as we get to know one another is, Do you have any children? Those of us with children love to talk about them. It most certainly is part of the family life cycle for many. But I think we can all agree that children are a genuine concern. Not only do we seek to produce more than the census statistic of two point four children, but we seek to have at least one boy and one girl. And what a blessing we have to watch each

of them grow, learn to crawl, walk, run, talk, write and return the abundance of love and joy we build into each of their lives. These are all valid concerns as we look at the family life cycle.

Living the married life and the family life in the military presents many unique challenges and opportunities to excel. Several of these concerns usually show up during news reports that tell us what is happening on the other side of the world. Many questions surface during this part of the professional life cycle that have significant impact on the family life cycle. Questions arise such as Are we being deployed to that part of the world? Others are How long will we be gone this time? And for many, If there is an emergency in my family, can I return to handle it and assist my family? Chances are, if you have been in the military for more than 18 months, you have asked these questions several times, or maybe your spouse has asked them. Anxiety seems to be the order of the day and

answers that satisfy intense curiosity seem to be the only calming influences during this slice of the pie that makes up part of the whole family life cycle in the military profession.

I think a significant question of any family life cycle, whether that family is a veteran of a decade and a half, or a valued certified public accountant whose spouse just happens to be chairman of the board of the largest corporation on the eastern slope, is this: When do we make the change from what we are doing now to make a living and provide the love and care for our children as we see the need? Change is a significant event in all of our lives. As our professional lives change, so do our professional goals and desires.

Having said all of that, I think I can share something that does not change, and that is the Creator of us all, God the Almighty, who knows all about the family life cycle and the abundance of blessings that each phase experiences as well as the deluge of storms that

New CSM espouses excellence

by Cpl. MK Garrott
Mountaineer staff

Duty, honor, country loyalty ... these are words that motivate the Mountain Post's new post command sergeant major,



Ponder

Command Sgt. Maj. George D. Ponder. His priorities include striving to maintain standards and showing professionalism and respect not

only from the bottom up, but from the top down, said Ponder.

I believe that the leadership owes it to soldiers to treat them right develop them so that they are trained and ready to fight, he said. And to do that, you must enforce the standards. What you allow in your presence becomes your standard, he said.

Ponder is an accomplished soldier, having completed

Airborne and Jumpmaster schools, as well as Ranger training and the Pathfinder course, among others. He most recently served simultaneously as the post command sergeant major for Fort Polk, La., and the Joint Readiness Training Center there. Ponder started low on the totem pole as an ammunition bearer and has moved up the ranks quickly through his 23 years in service. Within 10 years of service in the Army, Ponder was a senior instructor and then platoon sergeant at the Ranger Training Brigade at Fort Benning, Ga.

We should leave the Army better than we found it, give back more than we take from it. The noncommissioned officers have a responsibility to help form a young soldier's mind set. As an NCO, you are a role model 24 hours a day, he said.

Being raised in a military family, with his father, uncle and grandfather all serving, Ponder wanted to see what the Army



Photo by MK Garrott

Command Sgt. Maj. George D. Ponder, Fort Carson's new command sergeant major, greets people at his Assumption of Responsibility ceremony Feb. 11 at the Post Field House.

was all about and enlisted right after graduation from high school in Chattanooga, Tenn.

I volunteered; I was not drafted. The Army fascinated me. Once I'd joined, it gave me

a sense of purpose and direction, said Ponder.

Ponder also believes in the Golden Rule. Treat people as you would like to be treated. NCOs today must lead by exam-

Transportation company

by Cpl. Vincent Picard
Mountaineer staff

Fort Carson's 2nd Transportation Company has driven 1 million miles in service to the Mountain Post's combat assets since its arrival here in January of 1995—an impressive feat.

More impressive is that the company logged those miles without an accident. In a ceremony held Monday, Fort Carson Commander Maj. Gen. John M. Riggs presented the 2nd Transportation Company with the One Million Mile Accident Free Award.

For a new unit, like this one, and the area we drive in, I think it was exceptional to reach this level, said Staff Sgt. Philip Antuna, the company's operations noncommissioned officer-in-charge.

Although the company is headquartered on Fort Carson, its driving assets are not all located here. According to Antuna, the 2nd Trans. Co. has platoons stationed at Forts Irwin, Calif., Riley, Kansas and Lewis, Wash., each with their own separate mileage

counts.

This means that the company received the award based on the work of a single truck platoon, making it even more impressive, according to Antuna.

The company's mission on Fort Carson is to transport tracked vehicles downrange and to Pinon Canyon. Both the 3rd Brigade Combat Team and the 3rd Armored Cavalry Regiment rely on the company to transport their tracks.

Using Heavy Expanded Mobility Tactical Trucks to haul tracks downrange saves Fort Carson and the Army a lot of money, as tanks and Bradleys consume enormous amounts of fuel and require more maintenance when driven long distances to training sites.

The unit conducted a typical mission this week transporting 17 tracked vehicles belonging to the 1st Battalion, 68th Armor downrange for a training exercise.

What wasn't so typical was that after they were finished unloading the last track, the company continued to head downrange to conduct a field problem.



Staff Sgt. Genaro Morrow loosens the chains holding a track to his HEMTT.



Three trips were required to transport 1st Battalion, 68th Armor's M1A1 Abrams Main Battle Tanks to Camp Red Devil.



Staff Sgt. Bri...



Tracks are car...

y logs million safe miles



Photos by Cpl. Vincent Picard

an Adams, 2nd Transportation Company, guides a track onto his HEMTT.



fully guided onto the HEMTT's before being secured for the trip downrange.

All dressed up

The first Sweetheart Ball was held Feb. 26 at the Antlers-Doubletree Hotel and was sponsored by the Sergeant Audie Murphy Club. The Mountain Post's new command sergeant major, Command Sgt. Maj. George D. Ponder was the guest speaker. Guests enjoyed a meal, dancing and the sponsor of the year was the Noncommissioned Officers Association. Fourteen Audie Murphy Club members were also honored with volunteer awards by Maj. Gen. John M. Riggs, Fort Carson commanding general.



Photo by Sgt. 1st Class Norman Corbett



Photos by Cpl. Vincent Picard

Sergeant Paul Burke receives a care package at the departure ceremony.

4th PSB sends soldiers to Bosnia

by Cpl. Vincent Picard
Mountaineer staff

Fort Carson's 4th Personnel Services Battalion sent 13 soldiers to Bosnia Sunday in support of Operation Joint Guard.

The soldiers are slated to remain in the war-torn nation for six months.

According to Master Sgt. Leo Simmons, the battalion's operations non-commissioned officer-in-charge, the soldiers will be assigned to the 90th Personnel Services Battalion, a unit headquartered in Germany that is providing all personnel support to U.S. peacekeeping personnel in the region.

I could not be more proud of all of you, said Lt. Col. Stephanie Hewitt, 4th PSB commander. I was amazed by the number of NCOs and soldiers who stepped forward and volunteered. You are amongst the best from within our ranks.

Hewitt addressed the deploying soldiers, and a large percentage of the rest of the battalion, at a departure ceremony held Feb. 26 at the Soldier Readiness Processing Center.

In addition to Hewitt's remarks, the Harmony in Motion choir sang a few selections and the departing soldiers were all given care packages to help them with the transition.

Command Sgt. Maj. George D. Ponder, Fort Carson's new command sergeant major, was also on hand to wish the soldiers good luck.

I know that the 4th PSB is sending qualified men and women to Bosnia,



Staff Sgt. Jose Cavazos receives a Command Sergeant Major's coin from Command Sgt. Maj. George D. Ponder, Fort Carson's top NCO.

Northern Edge '98

For more coverage
of the 3rd Armored
Cavalry Regiment's
participation in
Northern Edge '98,
look for future issues

We have a great range
at Fort Carson, Colorado,
but here in Alaska we can
fly much lower and prac-
tice as we would actually
fight.

Chief Warrant Officer John Moncayo
4th Squadron, 3rd Armored Cavalry
Regiment



NORTHERN EDGE 98



• Firsts

– Use of Joint Live Fire Range



– United States Army Apache Helicopters



– Marine Corps Light Armored Vehicles (LAV)



– Alaska Army Guard Critical Site Security Exercise



– In-Transit Visibility Test





Courtesy photos



Gas n go
A Bradley Fighting Vehicle from Troop B, 1st Squadron, 3rd Armored Cavalry Regiment is refueled Feb. 19 downrange by soldiers from the Supply and Transportation Support Troop after a Cavalry Field Exercise.

Photo by Spc. Eddie Trinidad

Sports & Leisure

Youth Swim team sprints to victory

Team looking for competitive, dedicated swimmers

by Pfc. Socorro A. Spooner
Mountaineer staff

The Fort Carson Youth Swim team participated in the Cast Off Invitational Feb. 28.

The team did really well and is showing improvement, said Jamie Winkler, coach.

Everyone dropped time at the invitational, said Winkler.

Currently the co-ed, 12-girl team, is preparing for the upcoming swim meet in Pueblo April 4.

The team, which ranges from 8 to 17 years of age, practices for around two hours every night during the week from 6 to 8 p.m. The swimmers on the team swim anywhere from 2,500 to 6,000 yards during practice depending on ability. The swimmers practice four competitive strokes: butterfly,

back stroke, breast stroke and freestyle.

Winkler has been coaching the team for four years as a volunteer. As a swimming teacher at the Indoor pool, Winkler has been able to shape some of the state's best swimmers. Although he doesn't have a big group this year, he said he can build his team back up to the level they use to be.

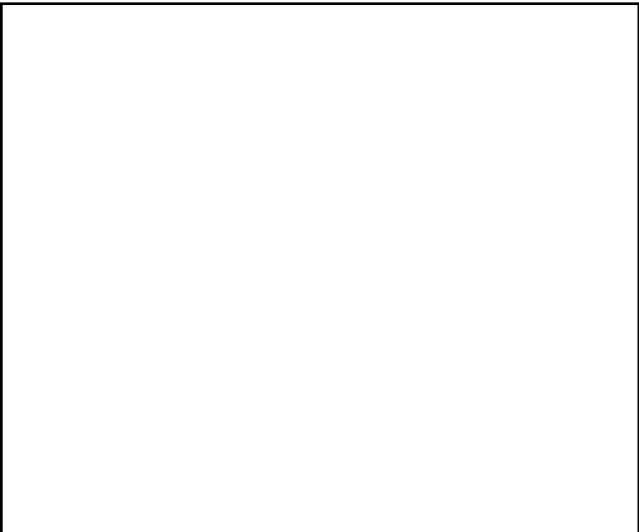
I will have some state swimmers by the summer-time, said Winkler.

He wants to get the team back on top in the swimming world. Winkler has his team on a constant regimen of lung capacity drills, stroke drills and sprinting drills. Some of the tools Winkler uses to assist his swimmers during practices are flippers and paddles.

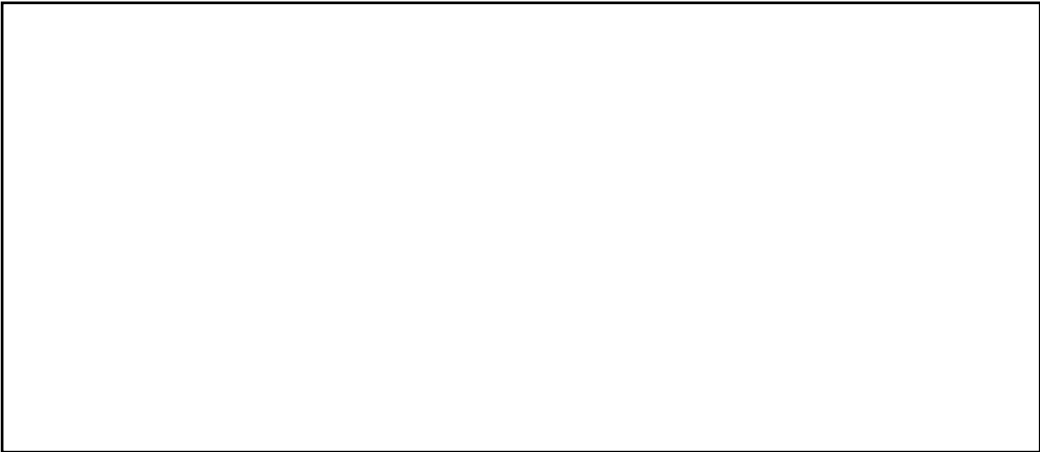
The flippers help the swimmers move through the water more quickly and give the

swimmers a leg workout. The paddles strengthen their strokes and create a greater water resistance, according to Winkler.

Anyone interested in trying out for the team, should make an appointment with Winkler. The team is open to family members and DoD personnel. Children who make the team pay \$40 a month for meet suits, pool



Photos by Pfc. Socorro A. Spooner
Jamie Winkler shows Crystal Phipps, 7, a swimming stroke during practice.



Members of the Youth Swim Team take a short one minute break during laps.

Post men’s team falls to CU in championship

by Pfc. Socorro A. Spooner
Mountaineer staff

The Fort Carson Men s Basketball Team came up short 71-78 in the City League cham- pionship game Tuesday.

Their opponents, the City Utilities, had the lead throughout the game. CU began the championship game with an 11-0 record and Fort Carson with a 10-1 record in city play. Both teams were looking to win the game and the championship.

For most of the game, CU was ahead of Fort Carson. By the time half time came along the men s team couldn t quite find a good mix- ture of players to keep their defense up.

The players were a little tired after coming back from the field, said Donald Pitts

So at the half, with a score of 33-40, CU could already taste the victory. Pitts told his team that turnovers would be their downfall if



“...a great place to play”

they let it. After the five- minute half time, Fort Carson appeared to be ready to attack the basket and play good defense. Their opponents had other ideas as they came out on fire. Fort Carson tried throughout the second half to chop away at the lead, but the closest they could



Photo by Pfc. Socorro A. Spooner

Ryan Wreling jumps to score a layup in the second half of the championship game.

get was a six-point difference.

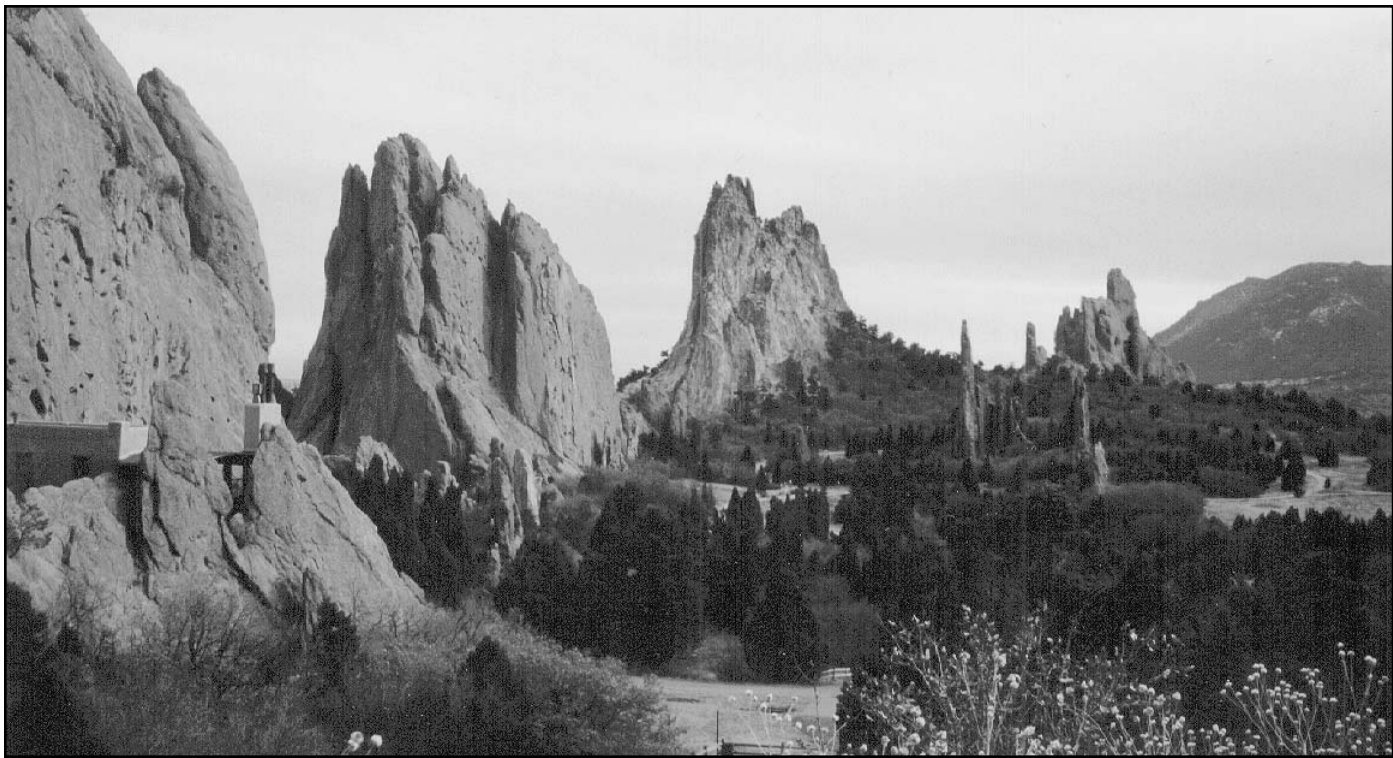
Every time the men s team tried to break CU, all they could do was watch them increase their lead. Fort Carson tried continuously to stop and catch CU but they couldn t quite get it together.

Pitts tried to motivate his team, but also found himself not agreeing with the referees throughout the second half of the game. With less than three minutes left in the game, Fort Carson made a run for the lead. They got the

score down to within three points only to see it go back up to six points. Then with less than two minutes left, a player from the CU commit- ted a technical foul after arguing with a referee about a previous play.

Fort Carson was given three scoring opportunities against CU and got the ball back giving them the chance to score five points. The men s team had the door wide open to take the lead, but it wasn t enough.

W ith only a minute left t, they fouled a CU



Photos by Nel Lampe

Once horizontal layers of rock form picturesque formations in the Garden of the Gods.

Garden fit for the gods

by Nel Lampe
Mountaineer staff

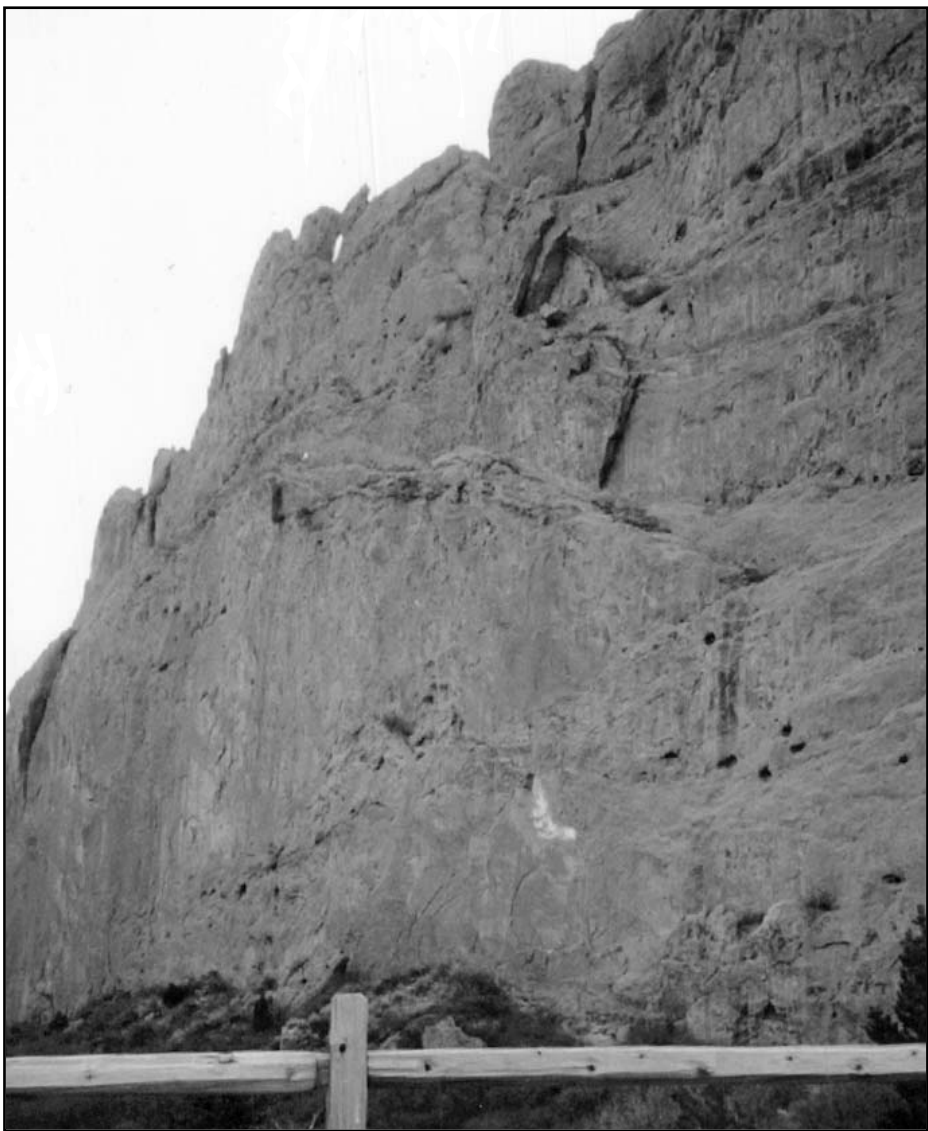
Red rocks rise in odd but spectacular formations against a backdrop of Pikes Peak — a garden fit for the gods. These once horizontal layers of sandstone were many feet below the surface but were thrust to the surface when a collision of the continental plates forced them upward, some 35 million years ago. The area is known as the Garden of the Gods and can be reached off 30th Street on the west side of Colorado Springs. Follow the signs on Highway 24 going west.

The site was sacred to early Native American Ute Indians who wintered there. Some summers an Indian Pow-wow is held near the park entrance, complete with teepees — a sight which will transport you back in time.

Charles E. Perkins, president of the Burlington Railroad, purchased a large portion of the Garden of the Gods for \$4,000, according to an August 1879 article in The Rocky Mountain News. Perkins kept the area open as a free park and thousands of tourists flocked there. Following his death, his children gave the park to the city of Colorado Springs in 1909. Special ordinances have made the park free to the public forever.

The Garden of the Gods has been the site of the Easter morning sunrise service for 75 years. It is also home to the Garden of the Gods run in June.

The first stop should be the Gardens of the Gods Visitors



The Kissing Camels formation towers over the parking lot.

Center at 1805 North 30th St, across from the entrance to the park. Entry is free, and visitors can learn about early inhabitants of the park, including wildlife. Giant paintings depict what the area is thought to have looked like during the Jurassic age. Historic photographs are on display. The center is open from 8:30 a.m. until 5 p.m. daily until Memorial Day. Summer hours are from 8 a.m.

until 9 p.m. daily.

A must-see is a film How Did Those Red Rocks Get There? It is shown every half hour and costs \$2 for adults and \$1 for children. The film addresses 300 million years of history of the park area.

Free lectures are presented every Sunday at 1 p.m. through-

See GARDEN, Page B3

What's inside

Community Page B2

The Annual Army Community Service Volunteer Recognition Ceremony will take place April 9 from 3 to 6 p.m. at the Elkhorn Conference Center. Commanders are asked to encourage soldiers to attend.

Military Page B5

Nominations for the Outstanding Military and Outstanding Civilian Supervisor awards must be submitted by close of business Thursday.

For more information, call 526-4413.

Sports & Leisure Page B5

The All Army Wrestling Trials will be held today and Saturday at the Post PFC. Admission is free and many Fort Carson athletes will participate in the competition. Matches begin at 6 p.m. For more information, call 526-1023.

Easter appeal to children



A pull-out section
for the Fort Carson community
March 6, 1998

Community

ACS

The Annual Army Community Service Volunteer Recognition Ceremony will take place April 9 from 3 to 6 p.m. at the Elkhorn Conference Center. Commanders are asked to encourage soldiers to attend.

The Family Member Employment Assistance Program will be presenting a Resume Workshop April 8. The workshop will include a variety of resume styles in which to showcase your experience and hold the attention of the employer. For registration and information on this and other workshops, call 526-0452.

Family Advocacy presents the first annual Family University at the Elkhorn Conference Center April 16 and 17. The 16th will feature a workshop parade from 1 to 8:30 p.m. and the 17th will feature a special event, Seven Habits of Highly Effective People.

Youth

Child and Youth Services Announces the following events for March: SPRINGQUEST, a week long camp of activites for middle school youths held from March 23 to 27 from 8 a.m. to 3 p.m., call 526-2680; Teen Council, any teens interested in making a difference, meetings are held on Wednesdays at 5 p.m., call 526-1235; Preteen Bowling Challenge, at the youth center March 16 at 4 p.m., call 526-2680; Family Bingo Day, at the

Miscellaneous

Youth Center at 4 p.m., call 526-2680; Dance, Dance, Dance, March 13 from 7 to 10 p.m., call 526-2680. Third Armored Cavalry Regiment will host a blood drive Tuesday from 7 a.m. to noon at Bldg. 2455.

The New Parent Support Program Theater presents 1-2-3 MAGIC! This video will take the anger, screaming, yelling, hitting and frustration out of parenting. Bring your own drink and enjoy popcorn while you relax and learn easy methods to discipline your children. Free child care is provided. This event is held the second Tuesday of each month from 2 to 4 p.m. in Bldg. 1526. To register or for more information call 526-4712.

Scholarship applications for the Fort Carson Joint Scholarship Fund are now available at the Army Education Center and at local high school guidance offices. Deadline for submission is March 20. For more information, call Annette Ahrens at 579-5313.

Noncommissioned Officers Association is offering scholarships for children and spouses of NCOA members. There will be 35 new awards for the 1998-99 school year. Additionally, the first distinguished scholar award from the Excalibur's Pfingston Pfund will be awarded. The deadline for submission of applications is March 31. Call 576-0757 for more information.

The Air Force Academy Cadet Dental Labratory is looking for a volunteer to be trained in making dental prosthesies. The training will last eight hours a day, five days a week over a six month time period. The program will start as soon as possible. For more information call Nicole Grier at the American Red Cross at 556-7590.

The Commanding General's Newcomers Briefing will be held March 13 from 1 to 2:45 p.m. at the Elkhorn Conference Center. This meeting is mandatory for all newly arrived soldiers and officers to Fort Carson from ranks private to colonel. Family members are encouraged to attend and child care will be provided. For more information call 526-0430.

There will be a Restoration Advisory Board meeting Thursday at 6:30 p.m. at Fort Carson Middle School. This is presented by the Directorate of Environmental Compliance and Management.

The Rocky Mountain Chapter of the National Defense Industrial Association will award several Rocky Mountain Memorial Scholarships and is seeking qualified applicants. Nominations must be received by March 16. For more information call Larry Hungerford at 591-1011.

The Family Member Employment Assistance Program is sponsoring the Colorado Springs Employment Information Program Wednesday from 10 a.m. until noon. For more information on location and to register for this program and others, call 526-0452.

The Service Corps of Retired Executives is offering a New Business Start-up Workshop on March 20 from 8:30 to 11:30 a.m. at Bldg. 1219. The fee is \$10 and is open to all military personnel, their dependents, Department of Defense civilians and anyone with a valid DoD identification card. For more information call John Kluge at 526-1002.

Correction: There will be a Fort Carson Job Fair, March 25, instead of Wednesday, at the Elkhorn Conference Center, 9 a.m. to 3 p.m.; SCORE sponsored seminar, March 26, Bldg 1219, \$10 fee; Trucker Recruiter Day, April 3, Bldg. 1118, 10 a.m.; and Corrections/Law Enforcement Recruiter Day, April 17, Bldg. 1219, 10 a.m.

If you would like to send mail to any service member serving in Bosnia, the address for Army, Navy, Air Force and Marines stationed on the shore is:
Any Servicemember
Operation Joint Guard
APO-AE 09397-0001
For Navy and Marines assigned on board ship
Any Servicemember
Operation Joint Guard
APO-AE 09398-0001

Head Start is now open for enrollment for the 1998-99 school year. This is a free, comprehensive preschool program that offers a broad range of activities for low-income and special needs children. Call 635-1536 to make an enrollment appointment. Classes are filling quickly.

Family Advocacy Program is sponsoring a Learn to Massage your Baby class running each Tuesday through March 31, except March 24. The time is 10 a.m. until noon and will be at the Spiritual Fitness Center, Bldg. 1161. This is recommended for parents with infants ages 10 months and under. The class is free as is the child care provided for siblings. Call 526-

Fort Carson Tax Center

The following forms are needed to obtain assistance at the Fort Carson Tax Center: Military ID; Social Security cards/numbers for you and any dependents all W-2s.

If relevant, the following forms are also needed: A voided check for direct deposit of return; Form 1099s (interest statements); information on child care expenses; information on IRA if you did or plan to contribute; mortgage interest statement; alimony information (copy of divorce or separation agreement); information on the sale of stocks, mutual funds or bonds; previous year stax return (optional but very helpful.)

Hours for the tax center are: Monday, Tuesday and Wednesday from 9 a.m. to 7 p.m.; Thursday from 1 to 6 p.m.; and Friday from 9 a.m. to 6 p.m. The tax center is also open from 10 a.m. to 4 p.m. Saturday and April 4 and 11.

An IRA Information Session/Workshop will be held at 9:30 a.m. every Tuesday through April 14. The location is the Office of the Staff Judge Advocate, Bldg. 6285. Sign in at the front desk of Legal Assistance.

For more information, call the center at 524-1012 or 524-1013.

4590 to register.

The Community Partnership for Child Development has an urgent need for volunteers due to the addition of three new classrooms. Volunteers are needed to help two to four hours per week until May in an office and in the evenings working one-on-one with children 5- to 11-years-old. For more information call Susan at 635-1536.

The United States Army Garrison, Fitzsimons, will host a town hall meeting April 18 from 9 to 11 a.m. in the Quade Center, Bldg. 635. This meeting will be to discuss the accessibility of health care. All retired military, family members and other military health care beneficiaries are encouraged to attend. The meeting is open to the public. For more information, call Jim Dye, USAG, Fitzsimons Public Affairs, at 361-8312.

Albright Productions is hosting its Cultural Explosion 1998. They will be searching Fort Carson for talent such as performers and dancers. Showtime is 9-11 p.m., tomorrow at Domino's. For more information, call 526-5851.

Fort Carson area families are needed to host exchange students during the upcoming academic year and semester. The stu-

Dear Editor ,

I am a 4th grade student. Our class is studying the United States. As part of our unit, we are each researching and reporting one state. I have chosen Colorado.

I would appreciate it very much if you would print my letter so your readers can help me with this project.

They may send information and post-cards to: Lauren Griffen, Lansing Intermediate School, 300 East Olive Street, Lansing Kansas 66043.

Sincerely,

Lauren Griffen

Garden

From Page B1

out the year. Lectures range from the history of the Garden of the Gods, prehistoric life and landscape, and the life of the rattlesnake and other wildlife. Call the visitor s center at 634-6666 for a schedule.

Several viewing areas, a restaurant and two giftshops complete the visitors center. Maps of the park are available and the gift shop has a wide selection of books pertaining to the local area.

Visitors who prefer to ride rather than walk or drive through the park may purchase a ticket for a bus tour during the summer. Buses leave the visitors center about every half hour from about 9 a.m. to 5 p.m. Tickets are about \$4 for adults and about \$3 for children.

Take along a camera to capture the colorful rock sculptures, comfortable shoes to enjoy the walking paths, and perhaps a picnic lunch to enjoy at one of the many picnic tables throughout the park.

Be sure to see the Balanced Rock and Steamboat Rock. Other nature-carved formations are also named. A free map available at the visitor s center shows walking paths and the location of the formations.

But a word of warning: don t be tempted to scramble up the rocks. Rock scrambling

defined as climbing more than 10 feet above the base of the valley without technical equipment is illegal. Scramblers are subject to a \$500 fine and/or 90 days in jail. If rescue is necessary, scramblers may have

to pay for the rescue costs. Technical climbers must register at the visitor s center and read over the current rules and regulations. Technical climbing is allowed for two or more people who are using proper climb-



Photos by Nel Lampe

The Visitor Center blends into the landscape across from the Garden of the Gods.



Millions of visitors visit the free 1,305 acre park each year. The park was a gift to the people by the descendants of Charles E. Perkins, who owned the land.

Just the Facts

Travel time	25 minutes
For ages	All
Type	Natural Park
Fun factor	★★★★ (Out of five stars)
Wallet damage = \$\$	
(Based on a family of four)	
\$ = Free	
\$\$ = Less than \$20	
\$\$\$ = \$21 to \$40	
\$\$\$\$ = \$41 to \$75	
\$\$\$\$\$ = \$76+	

Military

Nominations for the Outstanding Military and Outstanding Civilian Supervisor awards must be submitted by close of business Thursday.

The awards, to be presented at the Federal Women s Week luncheon March 20, are given to supervisors who clearly excel in promoting equal opportunity within their organizations.

For more information, call 526-4413.

The Civilian Personnel Advisory Center will sponsor two Pre-retirement Planning Seminars in May.The first seminar, May 19 and 20, will be held at the Elkhorn Conference Center.The second, May 21 and 22, will be held at the Outdoor Recreation Center.

Each class will be limited to 40 participants. Employees may have their spouse attend at no extra cost and will share the materials.

Names should be submitted to the Civilian Personnel Advisory Center as soon as possible.

Fort Carson officials announce the death of Spc. Adelia Lemos. Anyone with indebtedness to or claims against Lemos estate can contact Capt. Greg Vibber, 526-3991.

The 4th Finance Battalion will conduct NBC attacks using CS gas at Training Area 31 from March 16 to 20.

For more information, call 526-9900.

The Ammunition Supply Point will be closed for inventory March 16 to 20 as well as April 17 for the 60th Ordnance Company change of command.

For more information, call 526-8620.

The 223rd Medical Detachment will teach a 40-hour Field Sanitation Team Training Course on the following dates: March 23 to 27 and April 6 to 10. Classes will be held at the Education Center, Bldg. 1117, Room 316A.

The course is open to all military members. For more information, call 526-5661.

The Fort Carson Mounted Color Guard is conducting tryouts for the team every Wednesday through Friday by appointment only, until its vacancies are filled.

The team is looking for highly motivated, self motivated soldiers who are good with horses.

For more information, call 526-4985.

1st Squadron, 3rd Armored Cavalry Regiment will use the CS Chamber for training activities today and March 13.

For more information, call 526-8255.

Nominations are now being accepted by the Rocky Mountain Chapter of the National Defense Industrial Association for the 1998 Rocky Mountain Memorial Scholarships

Scholarships are available for high school seniors in the Pikes Peak Region. Nominations must be received no later than March 16.

For more information, call 591-1011.

The Manuever Damage classes originally scheduled for Soldiers Memorial Chapel have been moved to Bldg. 1161, located on the corner of Barkley Avenue and Ellis Street. Classes start at 1 p.m. March 18 and April

For more information, call Melissa Wyka, 526-4708, or Luvan Shelton, 526-2015.

The Fort Carson All-Stars Shooting Sports 4-H meets Tuesdays at 7 p.m. in Bldg. 5510.

The club is open to any children between the ages of 8 and 18 interested in firearm safety and marksmanship practice with .177 pellet air rifles.

For more information, call Ron Noakes at 636-8922 or 636-8920.

The Pregnancy PT program Healthy Beginnings, meets Mondays and Fridays at the Youth Services Center, Bldg. 5950 and Wednesdays at the Post Indoor Pool, Bldg. 1446 from 6:30 to 7:30 a.m.

The post partum group meets Monday, Tuesday, Wednesday and Friday at Ironhorse Fitness Center from 6:30 to 7:30 a.m.

The March of Dimes 15th Annual Snoball Softball Tournament will be Saturday and Sunday.

The games will be played at Mountain View Athletic Complex and Peterson Air Force Base.

Teams can sign up through Monday. For more information call, 473-9981.

The Colorado Springs Sports Corporation will be holding a luncheon featuring members of the 1998 Senior Women s National Basketball Team.

The players attending are Theresa Edwards, Lisa Leslie and Cheryl Swoops The luncheon begins at 11:30 a.m. at the Penrose Room of the Broadmoor Hotel.

Cost is \$20 for CSSC members and \$25 for

Rewards

The Criminal Investigation Division is offering the following rewards for information leading to the identification, apprehension, and conviction of the perpetrator or perpetrators of the following crimes.

A \$500 reward is being offered for information involving the larceny of battle dress uniforms, field jackets, fax machine and a microwave oven taken from the Alterations Shop. If you have any information about this crime, contact Agent Hughes at 526-0564.

A \$500 reward is being offered for information involving the larceny of two IDP brand laptop computers taken from the 3rd Squadron, 3rd Armored Cavalry Regiment maintenance office between June 28 to 30, 1997. If you have any information about this crime, contact Agent Perdue at 526-0543.

A \$500 reward is being offered for information involving the larceny of two automotive work tables from the Pueblo Army Chemical Depot between Feb. 19 and Oct. 2, 1997. If you have any information about this crime, contact Agent Hughes at 526-0564.

A \$600 reward is being offered for information involving the larceny of electronic and computer equipment from Garcia Physical Fitness Center. If you have any information about this crime, contact Agent Christian at 526-0547.

A \$15,000 reward is being offered for information involving the death of Pfc. Jason Chafin. If you have any information about this crime, contact Agent Perdue at 526-3991.

The U.S. Army Criminal Investigation Command is looking for soldiers from specialist to staff sergeant to join the Criminal Investigation Division.

Soldiers interested in submitting a CID application must be 21, have a GT score of 110, 60 semester hours of college and be a U.S. citizen. Applicants must have CID intern training, six months military police experience or one year of civilian police experience.

Sports & Leisure Athletics

be held March 6 and 7 at the Post Field House. Admission is free and many Fort

The All Army Wrestling Trials will be held today and Saturday at the Post Field House.

Admission is free and many Fort Carson athletes will participate in the competition. Semifinals begin at 3 p.m. and Finals at 8 p.m. both days. The preliminaries are cancelled for both days.

The battalion or squadron with the most spectators on both days wins a ski trip to Ski Cooper for 25 participants (includes lift tickets equipment rentals and transportation) for first place and a free unit pool party at the Outdoor Pool for second place.

For more information, call 526-1023.

The Fort Carson St. Patrick s Day Racquetball Tournament continues through Saturday at Ironhorse Physical Fitness Center.

The tournament will feature men s, women s and co-ed play.

For more information, call 526-2704.

The Fort Carson Running Team trains from 6 to 8 a.m. at the Post Field House.

Practices are Monday through Friday except Thursday.The team is open to all active duty.

non-members.

For more information call, Gabi Stephenson at 634-7333.

The Fountain Valley American Youth Soccer Organization region 1225 is currently registering Saturday and March 14 at the Pizza Factory off of Highway 85/87 from 1 to 4 p.m.

Registration can be done in person or by mail. For mail-in registration forms call the Fountain Valley AYSO hotline.

Practices begin March 23 with the first game starting April 4. Children 4 1/2 to 18 years old are welcome. Cost to enroll is \$25 for the spring season and \$15 for the fall season.

For more information call, 390-9707.

The City of Colorado Springs Soccer program is looking for coaches for the 1998 season.

Coaches are required to register and attend an American Sports Education Program class.

A soccer coaching clinic will be March 28 from 9 to 11 a.m. at Memorial Park. If interested, preregistration is required.

For more information call, 578-6981.

The American Red Cross is offering a Water Safety Instructor Course April 6 to 24 and a Lifeguard Instructor Course March 16 to 31.

Classes for water safety are scheduled to meet every Monday, Wednesday and Friday from 5:30 to 8 p.m. and classes for lifeguard safety are scheduled Monday and Wednesday from 5:30 to 8 p.m. Class fees for both classes are \$100.

For more information, call 526-3107.

USA Boxing will be holding the U.S.



Photo by Pfc. Socorro A. Spooner

Pet of the

Puppy Love

This approximately 4 month-old, male Golden Retriever is currently available for adoption at the Fort Carson Veterinary Treatment Facility. Pets up for adoption are vaccinated and neutered. The treatment facility provides routine preventive medicine and minor sick call services to pets owned by active-duty and retired military members. Normal hours of operation for the clinic are Monday through Friday, 7:30 a.m. to 3:30

p.m. Clinics are held every Monday, Wednesday and Friday with animals being seen by appointment only. To reduce the risk of child injury in exam rooms and to increase the attentiveness of pet owners during the examination process, the facility discourages pet owners from bringing children under 10 years of age. People interested in adopting a pet can call 526-4354. For an appointment, call 526-3803.